



Anger Attitude Check – Agree or Disagree?

Review and discuss the following as a group. There is not always a definitive “right or wrong” answer in each case. Rather the topics are meant to generate discussion about what anger is and what it is not:

	Agree	Disagree
1. It's not okay to feel angry		
2. Anger is a waste of time and energy		
3. The capacity to feel anger is natural		
4. Anger can warn others that something is wrong and that they need to be careful		
5. Good people don't feel angry		
6. Anger is a signal that something is wrong, and we should listen to that signal		
7. Awareness of our anger increases our awareness of ourselves and others		
8. I should not feel angry when I do		
9. I may lose control if I get angry		
10. Anger can be appropriate at times		
11. Anger is often the last emotion to resist numbness and despair		
12. The expression of anger can feel “good”		
13. Anger can stimulate productive action		
14. Other people should never feel anger toward me		
15. Properly expressed anger can actually help relationships		
16. If others are angry at me then that means I must have done something wrong		
17. If I feel angry then someone else made me feel that way		
18. If I feel angry toward someone close to me, that person has to change		
19. When we lose someone, anger can be a normal part of the grieving process		
20. If I feel anger toward someone, I must punish them for making me feel that way		
21. When I feel angry, I often have to yell or break something		
22. I cannot be angry at someone and love them at the same time		
23. If someone else made me angry it is their responsibility to help me feel better		
24. Moral or righteous anger can be motivation to correct a wrong course		



25. If I feel angry at someone, it means the relationship needs to end		
26. Anger management in relationships can be a gift of caring and love		
27. Anger influences the decisions I make		
28. I sometimes feel guilty about my anger		
29. Anger can change my personality		
30. Some people never get angry		
31. I believe that I may have an anger problem		
32. What matters more than anger itself is how I choose to react and behave when angry		
33. People can learn not to get angry in situations that used to make them angry		
34. It is possible to decrease anger in life and gradually become a less angry person		